metro
NEW YORK CITY NO. 1 FREE DAILY IN THE US
Monday, April 25, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

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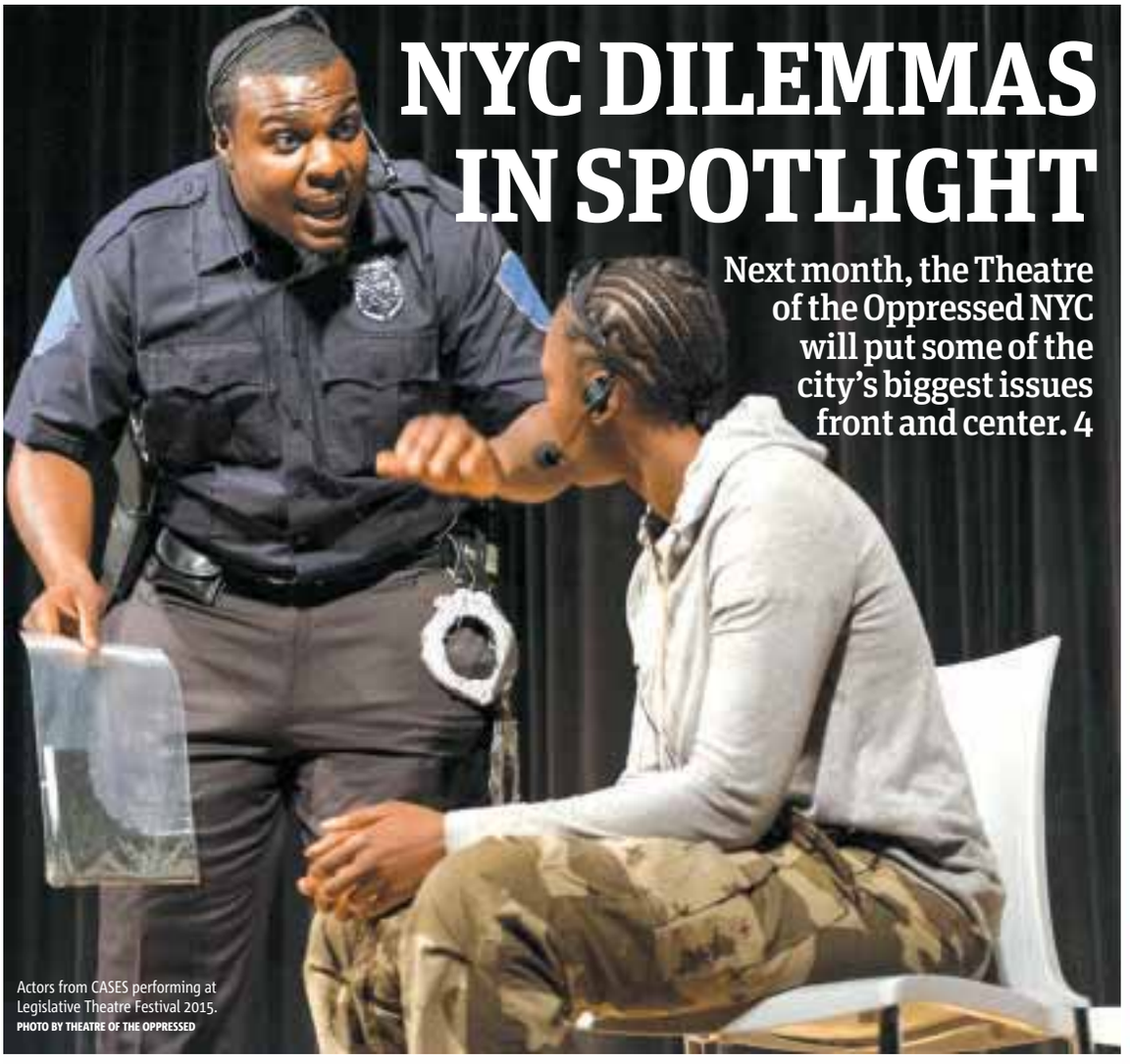

NYC DILEMMAS IN SPOTLIGHT

Next month, the Theatre of the Oppressed NYC will put some of the city's biggest issues front and center. 4

Actors from CASES performing at Legislative Theatre Festival 2015.
PHOTO BY THEATRE OF THE OPPRESSED

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3 THINGS YOU NEED TO KNOW

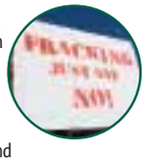
HUNT CONTINUES FOR SUSPECTS IN OHIO MURDER SPREE

A manhunt for a suspect or suspects in the execution-style killings of eight family members in south-central Ohio entered its second full day on Sunday, with authorities providing no fresh information about the investigation. The victims, all members of the Rhoden family in Pike County, Ohio, were discovered in four separate homes on Friday. They ranged in age from 16 to 44. A newborn infant, a 6-month-old and a 3-year-old all survived the shootings. Local media reported that the mother of the newborn was in bed with her baby when she was shot. "I can't believe how anyone could kill a mother with her 4-day-old baby in her arms," Phil Fulton, pastor of the Union Hill Church in Peebles, the town where the shootings took place, told CNN. REUTERS

THREE FEDERAL AGENTS SHOT IN KANSAS GUN BATTLE WITH SUSPECT

2 Three federal law enforcement officers were wounded in an exchange of gunfire with a suspect at a motel in Topeka, Kansas, authorities said on Sunday. A joint fugitive task force that included the U.S. Marshals Service, the Federal Bureau of Investigation and local law enforcement attempted to arrest a suspect at the Country Club Motel in Topeka around 10 p.m. on Saturday, according to Amy McCarter, a spokeswoman for the Topeka Police Department. Two deputy U.S. marshals and an FBI agent suffered nonlife-threatening injuries in the gun battle. A fire also started at the motel during the exchange, McCarter said. Authorities have not disclosed the name of the suspect. McCarter and a spokeswoman for the U.S. Marshals Service said the status of the suspect was still unknown due to the fire, which burned throughout much of the night. One of the marshals has already been released from the hospital, while the other is stable. REUTERS

PENNSYLVANIA VOTERS TORN OVER CALLS FOR A FRACKING BAN



3 For some Democratic voters in Pennsylvania, Tuesday's primary election will be more than just a chance to pick preferred candidates for public office — it will be a minireferendum on the future of the state's downtrodden fracking industry. Three candidates on the ballot, including Democratic presidential hopeful Bernie Sanders and two Democratic U.S. Senate hopefuls, want to ban or pause the controversial oil and gas drilling technique, splitting an electorate in parts of the state concerned about both jobs and the environment. REUTERS

GETTY IMAGES

BOLARIS' WEATHER WATCH: 90-DAY FORECAST ... VERY SEXY

AccuWeather, the global leader in weather information and digital media, just launched what they describe as "their best-kept strategic secret" — the 90-day forecast.

It's a day-by-day weather forecast meant to help you plan months ahead, including the exact high and low temperatures. That means you can potentially know whether your wedding day will be rained out, or possibly snowed on. You can have an idea of what kind of weather to expect on your birthday, beach day, vacation week, concert or outdoor sporting event.

Oh boy, now we've reached the age where we don't ever need to plan ahead weatherwise, as we can simply pick a date and know what to expect.

The local television forecasters will need some extra time now. Forget about that seven-day forecast. Now we need to put up the 90- or 180-day forecast (yes, they have a 180-day forecast as well).

TV weather heads will be jumping for joy as now they will need at least another 15 minutes added to their airtime to go through the complete and exclusive 90-to-180-day forecast.

I guess you can tell I'm having a little fun.

Listen, AccuWeather is a global giant serving over 1.5 billion people, and it's been around for 54 years. It is certainly the most successful and dominant weather company on the planet, so they must be doing something right.

Other weather companies have been doing not only the 180-day outlook, but the 365-day forecast for years. See "Weather Planner and Planalytics," although Planalytics is strictly for business weather intelligence and are the very best at it.

AccuWeather is brilliant at marketing, and even if the forecast turns out to be trash, it's really about the cash, and cash flow in any business model is king.

The 90-day forecast is really a climatological, computer-generated weather data, integrated globally and collected over the years, showing what normally should happen on any given day in any part of the country.

It's not a forecast, it's the climatological norm. But AccuWeather can't headline with that, it's not sexy and would never sell — and we all know sexy forecasts sell.

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

New York City local forecast

Increased forest fire potential

Today: Plenty of sun, 68

Tuesday: Showers, 75

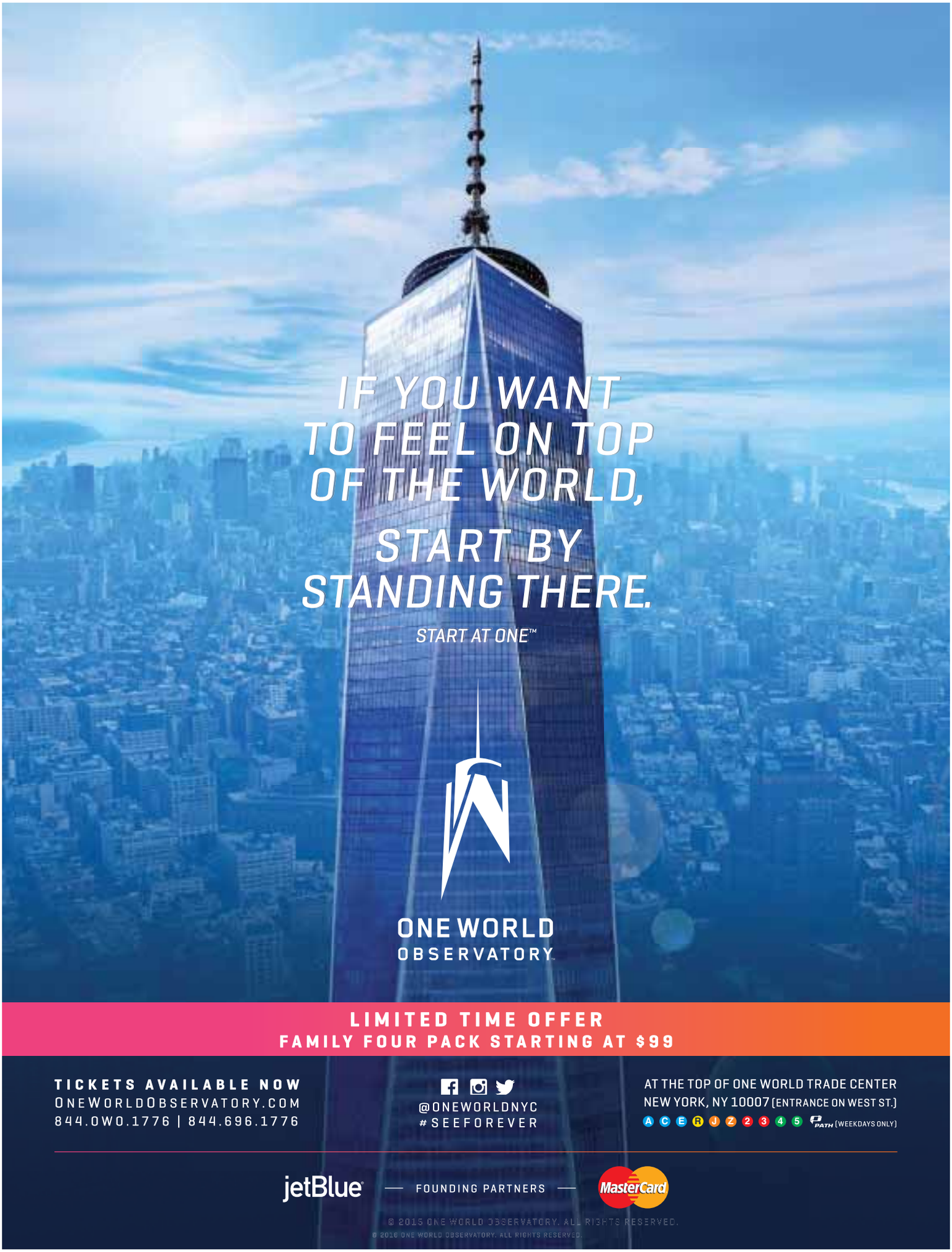
Wednesday: Return to sun, cooler, 65

Thursday: Showers, very cool, 53

Friday: Sun returns by afternoon, 60

Saturday: Increasing clouds, 65

Sunday: Showers, 65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Councilmembers Carlos Menchaca ,left, and Ben Kallos discussing policy ideas inspired by the plays. ALL PHOTOS THEATRE OF THE OPPRESSED

Festival tackles homelessness, housing access through plays based on actors' real struggles

The Theatre of the Oppressed NYC features individuals who deal with social, economic, health and human rights issues.

ANGY ALTAMIRANO
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A set of plays next month are aiming to tackle some of the largest issues plaguing New York City residents and — through the art of theatre — help bring about some changes.

The Theatre of the Oppressed NYC (TONYC) is holding its fourth annual Legislative Theatre Festival on May 4 and 5 where the issues of homelessness and affordable housing will be seen through the eyes of those who experience it on a daily basis.

TONYC partners with local social service organizations and city agencies to created theatre groups with members of the community who deal with social, economic, health and human rights issues.

The actors then create and perform plays that are based on the struggles they constantly face, while engaging with audience members to spark a dialogue aimed at evoking change.

"Because they are performing it, not just talking about it, it's that one step further in feeling what it is like," said Katy Rubin, founder and executive director of TONYC. "Even if [the audience] doesn't have to deal with it, they will know what it feels like."

Through the Legislative Festival, TONYC brings together residents, politicians and members of city agencies to talk about issues and current policies that might be affecting communities as a whole.

Audience members at the festival are shown original plays and once the actors are finished, they are invited to get onstage and — together with the troupes — come up with responses to the problems that were presented.

Those ideas are then submitted to members of the City Council, the mayor's office and city agencies — who are present during the festival — and get voted on by audience members. Once ideas get selected, the elected officials or agency representatives take them to their respective bodies.

"We can actually take those ideas from the audience one step forward and come up with actual policies," Rubin said.

For next month's festival, TONYC will focus the subjects of the plays on the issues of homelessness and housing access primarily affecting LGBTQ youth and veterans in New York City.

One of the groups of actors comes from the Ali Forney Center, which focuses its mission on protecting LGBTQ youths who find themselves without a home. The second troupe is from the Fortune Society, which helps individuals who are or were formerly incarcerated become a part of the community once again.

"We believe that theatre is the medium for this because the audiences and legislators they see the plays and they have a feeling about the problem, it's not just an intellectual understanding of the problem," she said.

For Skye O'Neal Adrian, 20, who currently lives at the Ali Forney Center and will be one of the actors at the festival, performing in the play will not only allow him to continue his love for the arts but will give the audience a chance to see the struggles that he actually faces.

Actors from CASES performing at Legislative Theatre Festival 2015.

"I just like the idea of it, not only are we using performing arts as a performing measure to show people what it is like to be homeless but this is not acting, this is what literally happened when we are in a situation," he said.

Adrian is a Jamaican immigrant who came to New York City last year. He said he initially arrived in the city to be with his parents but once he came out to them as being gay, they kicked him out.

"I felt like when I came from Jamaica, I was running from one problem and came to a whole other world of problems," he said.

After being left without a place to call home, Adrian looked for help from Immigration Equality but said he was told that he had to wait months before possibly being given a place to stay.

Then he learned about the Ali Forney Center through which he was given housing and also an internship where he is allowed to participate in youth advocacy.

And although he has been living at the center for the past few months, he added that by November — when he turns 21 — he will lose the bed he currently has and has to hope another one becomes available.

With all of this in his head, Adrian said he found inspiration for the plays and hopes to be able to bring some change that will help others that find themselves in his shoes.

"There are a lot of issues that LGBT youth face," he said. "I feel like in this play it's really going to bring to light the issues that people tend to ignore and tend to underestimate."

The festival is free to the public and will be held at The New School located at 66 W. 12th St. And although the plays take place on May 4 and 5 — both at 6 p.m. — on May 6 and 7 TONYC will continue to have events where people can attend workshops and learn about policies.

For more information, visit www.tonyc.nyc.

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Passenger at JFK found with $175K of cocaine hidden in candy

The drugs were found after authorities noticed an anomaly during an X-ray.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

A Mexican citizen is facing drug smuggling charges after being caught with more than just a sweet tooth while at a New York City airport.

On April 18, U.S. Customs and Border Protection agriculture specialists at JFK International Airport were performing an X-ray examination on luggage belonging to Petra Medarda, who had just arrived on a flight from Mexico City.

According to authorities, the CBP specialists noticed an anomaly on the X-ray of rectangular-shaped objects and found a package hidden within containers of candy.

CBP officers then escorted Medarda to a private search room where they investigated the concealed package and found a white powder, which tested positive for cocaine, officials said.

Upon further investigation, CBP found a total of eight bricks of cocaine that weighed about 10 pounds and had an estimated street value of $175,000.

Medarda was placed under arrest and turned over to the NYPD, according to CBP. She now faces state narcotic smuggling charges.

The drugs were allegedly found hidden within containers of candy. U.S. CUSTOMS AND BORDER PROTECTION

GETTY IMAGES

Man stabbed during apparent road rage incident

Police were reportedly investigating a road rage incident after they said a man was stabbed Saturday night on Manhattan's Upper East Side.

According to NBC4, a man with dreadlocks driving a blue Ford vehicle with Rhode Island license plates allegedly stabbed the 45-year-old man multiple times in the chest during a road rage incident.

Investigators said two drivers got into a fight on East 61st Street around 11:20 p.m. Saturday, according to ABC7.

The injured driver tried to take himself to the hospital but crashed on East 76th Street between Madison and Fifth avenues. Emergency service workers brought him to NewYork -Presbyterian Hospital, where he is listed in stable condition, according to police.

Police are still searching for the attacker driving the blue Ford vehicle. LENYON WHITAKER

NYPD

Man, 53, robbed at gunpoint

Police were searching for two men in connection to an armed robbery on Manhattan's Upper West Side, Sunday morning, according to reports.

Two men allegedly followed a 53-year-old man into his building and robbed him of $3,400 in cash. According to police, the two men rushed inside a building located on West 81st Street at around 6:45 a.m.

Once they were in the building, they pulled a gun on the 53-year-old man and demanded his property consisting of two bags containing $3,400 cash, a cellphone and two iPads, according to police.

The robbers fled in a mid-size black SUV, cops said.

Anyone with information in regards to this incident is asked to call the NYPD's Crime Stoppers Hotline at 1-800-577-TIPS (8477) or for Spanish, 1-888-57-PISTA (74782). The public can also submit their tips by logging onto the Crime Stoppers website texting their tips to 274637 (CRIMES) then entering TIP577.

LENYON WHITAKER

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BRIEF

Suspect in Wisconsin prom shooting dies in hospital

An 18-year-old man suspected of opening fire on two students outside a Wisconsin high school prom died in a nearby hospital early Sunday morning after he was shot and wounded by a police officer, authorities said.

Jakob Wagner was pronounced dead shortly after 1 a.m. CST, about two hours after he shot the two people with a rifle outside the entrance to a building at Antigo High School, Antigo police said.

Police did not say whether Wagner attended the school, located about 180 miles north of Milwaukee.

"The initial investigation and officer response indicate this was a lone shooter and a search warrant is being executed at his residence seeking any additional information pertaining to this incident," police said in a statement on Sunday.

One female victim was treated for a gunshot wound at the hospital and released, according to police. One male victim was undergoing surgery for nonlife-threatening injuries, the statement said.

The two students were shot as they exited the building. Officers who were patrolling the parking lot heard the shots and one officer immediately "fired upon the shooter, stopping the threat," according to police.

All three people, including the shooter, were taken to hospital, said police.

Those attending the annual dance event were escorted from the school, said police, who added that the scene was then secured.

About 800 students attend Antigo High School, according to the Unified School District of Antigo, a town of about 8,000 residents. REUTERS

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Connecticut man tweeted threat to bomb Trump rally

Local officials discovered the account that made the bomb threats was linked to Sean Morkys.

Sean Morkys of Waterbury, Connecticut CONNECTICUT STATE POLICE

A 20-year-old Connecticut man was arrested after being accused of sending threats on Twitter to bomb a rally for Republican presidential candidate Donald Trump, authorities said on Sunday.

Sean Morkys of Waterbury, Connecticut, was charged with threatening, inciting injury and breach of peace.

The Secret Service, which is responsible for the safety of presidential candidates, alerted the Connecticut State Police's counterterrorism office on Saturday afternoon that a Twitter user had posted, "Is someone going to bomb the trump rally or am I going to have to?"

A second post warned a friend to tell relatives to leave the rally in Waterbury to avoid being harmed, state police said.

The account was linked to Morkys, who was interviewed at his home by local detectives and federal agents.

"The [Secret Service] determined that Morkys did not pose an immediate threat to any protectees or the public," the state police said.

Trump, the front-runner for the Republican presidential nomination, made several appearances across Connecticut on Saturday in advance of the state's primary election on Tuesday.

Morkys was released on a $25,000 bond and is scheduled to appear in court on May 4. REUTERS

Obama 'deeply concerned' about surge in Syria violence

President Barack Obama said during a visit to Germany on Sunday that he was "deeply concerned" about a surge in violence in Syria, where government forces have stepped up bombing of rebel-held areas around the strategic city of Aleppo.

Speaking after talks with German Chancellor Angela Merkel at a 17th century palace near the northern city of Hanover, Obama spoke of a "tragic humanitarian crisis" in Syria and said he continued to believe in a political solution to the fighting.

Germany is the last stop on a six-day foreign tour where Obama has sought to shore up U.S. alliances he views as important to increase trade, defeat Islamic State militants and counter Russian intervention in both Syria and Ukraine.

"We remain deeply concerned about the upsurge in fighting in Syria over the last several days, and we continue to agree that the only real durable solution is a political solution that moves Syria towards an inclusive government that represents all Syrians," Obama said.

Merkel urged parties to peace talks in Geneva, which are at risk of collapse, to agree humanitarian zones where fleeing Syrians could feel free from bombardment. REUTERS

Syrian refugees walk in a forest in Macedonia after illegally crossing the Greek-Macedonian border near the city of Gevgelija. GETTY IMAGES

Migrants seek new routes into Balkans

After weeks stranded at a closed border in northern Greece, migrants and refugees are seeking out new, irregular routes to get into Macedonia, clambering through forests and over hills under the cover of darkness.

As dusk fell on Saturday evening, a Reuters witness saw a group of up to 70 people crossing into Macedonia from Greece, at a point where there is no razor wire fence between the two countries. They darted in and out of a forest, hiding from authorities.

It was roughly a 12 mile, or four hour walk from Idomeni, a sprawling tent city hosting thousands of refugees and migrants stranded by a cascade of border shutdowns throughout the Balkans in February.

Others at the campsite were also mulling their options to leave Idomeni and find vulnerable points along the border to cross into the Balkans, the preferred route to western Europe.

"There is no other solution," said Moutaz, a Syrian from Aleppo.

"Let him [others] put himself in my position, what would he do with this life we are living? Will he be OK with it, what is happening and what he is seeing?"

Human rights organizations say the living conditions at Idomeni are appalling.

Fellow Syrian Eyas from Damascus said he would attempt to cross the Albanian border further west. "There is a chance you will get there through the Macedonia route but the Macedonian military will send you back," he told Reuters.

Some people chance the trek on their own. Others use traffickers, who charge anything between $350 and $600 per person to smuggle people across the border.

A million migrants, many fleeing Syria, Iraq, Afghanistan and other countries in conflict in the Middle East, Asia and Africa have poured into Europe through Greece since last year.

There are more than 10,200 people camped out in tents in the fields of Idomeni. Greek authorities have repeatedly urged refugees and migrants to move to organized reception centers elsewhere in the country.

Last month, Turkey and the EU sealed a controversial deal intended to halt the flow of illegal migrants into Greece from Turkey in return for financial and political rewards for Ankara.

There is now growing concern that migrants will increasingly use Italy as their conduit into Europe after the EU-Turkey pact, with more boats coming from North Africa — or even across the Adriatic Sea from the Balkans after the border closures there. REUTERS

BRIEF

One dead, 26 wounded as rockets hit Turkish town near Syrian border

Rockets pounded the Turkish town of Kilis near the Syrian border on Sunday, a Reuters witness reported, killing one person and injuring 26, a day after the government promised to protect the area from repeated attacks by Islamic State militants.

Two rockets struck houses in a poor neighborhood near the town center in the morning. Sixteen people were injured and Turkish soldiers near the border returned fire into Syria, security sources said.

Later in the day, one person was killed and 10 more injured when two more rockets crashed into a mosque, Hurriyet Daily News reported. The mosque was 100 meters from the governor's office, where Deputy Prime Minister Yalcin Akdogan was holding talks at the time.

"I am calling for our citizens to be calm," Akdogan told a news conference in Kilis. "All measures will be taken in this regard. Unfortunately there is no authority across our border."

Akdogan said measures would be announced after a cabinet meeting on Monday.

Police later used a water cannon to disperse residents who were protesting what they said was the government's lack of action over the attacks, Dogan news agency reported.

Some of the residents called on the local governor to resign, while others shouted slogans against the government.

"My son wakes up with nightmares ... We aren't safe here. We are afraid to stay in our houses," Ayse, a 46-year-old woman, told Reuters.

Lying just across the border from an area of Syria controlled by Islamic State, Kilis has been peppered by rocket fire in recent weeks. REUTERS

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Bob Graham: White House to make decision on 9/11 report by June

The Office of the U.S. Director of National Intelligence is reviewing the material to see whether it can be declassified.

The White House will likely make a decision by June on whether it will release some classified material withheld from the public 9/11 Commission Report, a former senator who co-chaired the congressional inquiry into the attacks said on Sunday.

The withheld section of the official report on the 2001 attacks is central to a dispute over whether Americans should be able to sue the Saudi Arabian government for damages.

Former Sen. Bob Graham, a Florida Democrat, has been pressing for the release of the information and said that it may shed light on the financial backers for 19 hijackers who killed nearly 3,000 people on Sept. 11, 2001.

Graham told NBC's "Meet the Press" that he believed that some of the withheld classified material could soon be released.

"The president's staff at least has said that they will make a decision by June, and I hope that decision is to honor the American people and make it available," Graham said.

Rep. Adam Schiff, the top Democrat on the House of Representatives Intelligence Committee, said last week that he also supported releasing the material.

"The release of these pages will not end debate over the issue, but it will quiet rumors over their contents," Rep. Schiff said in a statement. "As is often the case, the reality is less damaging than the uncertainty." REUTERS

Former Sen. Bob Graham GETTY IMAGES

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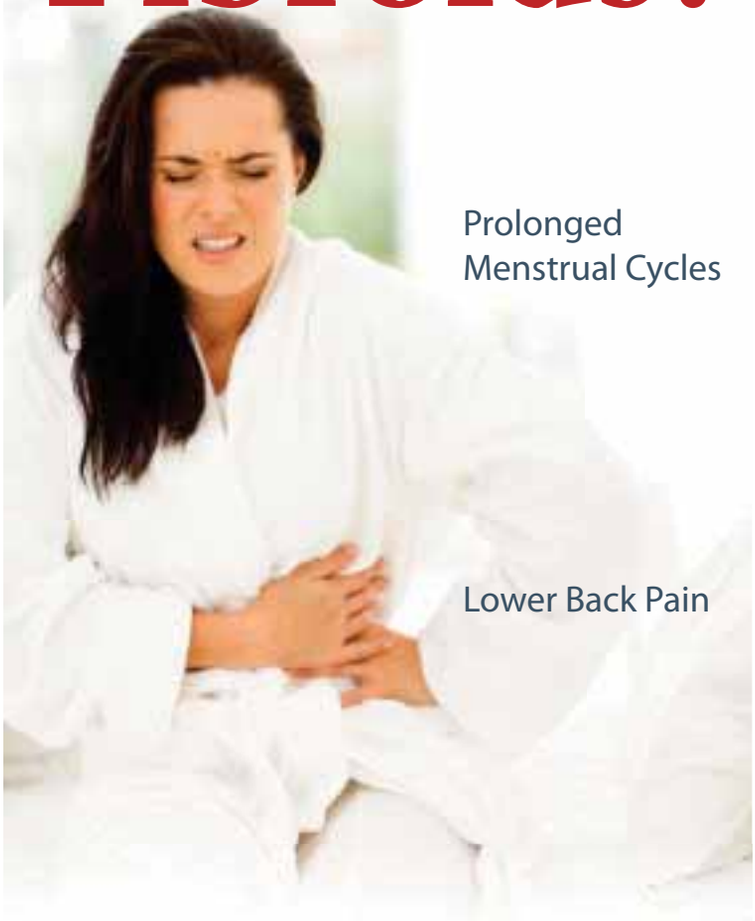

Prolonged Menstrual Cycles

Lower Back Pain

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- ☑ Abnormally long periods
- ☑ Frequent urination
- ☑ Pelvic pain and pressure
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RACE FOR THE WHITE HOUSE

GAME OF GROANS

TOM FOREMAN
Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."

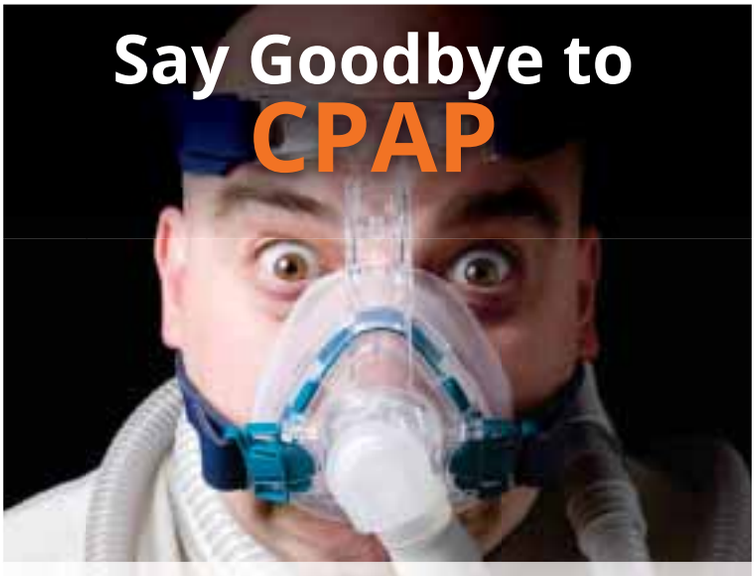
For everyone who dreads the idea of Hillary Clinton or Donald Trump becoming president (and there are plenty of both), this week could be as unwelcome as a dire wolf at a barbecue. Here are my three things to watch.

1. ON THE MARCH: The twin armies of the front-runners will be storming down the East Coast this week and likely collecting delegates by the score. Pennsylvania is the biggest prize. And for all the continuing talk of contested conventions, if this week goes well for Trump and Clinton they may finally be able to say with reasonable certainty that the nominations are theirs. Watch the margins — keep an eye on the delegate allocations — and polish your armor for a general election that could prove a clash of titans.

2. WINTER IS COMING: As far as the results, John Kasich has barely shown up in the primaries and caucuses — but you know who has really been missing? The #Never-Trump folks. This loose amalgam of activists has vowed to stop Trump's relentless drive to the nomination, but so far he's been like a dragon going through tissue paper. Sure, they may regroup for a general election. But if they don't produce some results this week, you can call their castle sacked.

3. SHADOW PLAY: Ted Cruz has not been so lucky winning delegates, but he has been steadily making sure many of his loyalists will be on the delegate list at the Republican convention. These are people who will do their duty and vote for Trump, but who will quickly switch to Cruz as soon as the rules say they can. He did it again this past weekend so you can expect more talk about his chances in the so-called Shadow Convention. Because *if* Donald Trump fails to clinch the nomination before the convention, and *if* a floor fight follows, and *if* all those double agent delegates come through — you get the picture. And *if* not ... um, never mind.

BILLY BECERRA, METRO



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Fed seen holding rates this week with hike still on horizon

Federal Reserve policymakers are expected to hold interest rates steady when they meet this week, but may tweak their description of the economic outlook to reflect more benign conditions, leaving the path open for future rate rises.

The Fed raised its policy interest rate last December for the first time in a decade when market volatility finally subsided in the wake of a scare over China's economy.

Similarly, early this year markets wobbled on worries about a slowdown in global economic growth and weak U.S. corporate earnings, leading to expectations for further Fed rates rises to be revised down, so Fed policymakers may be

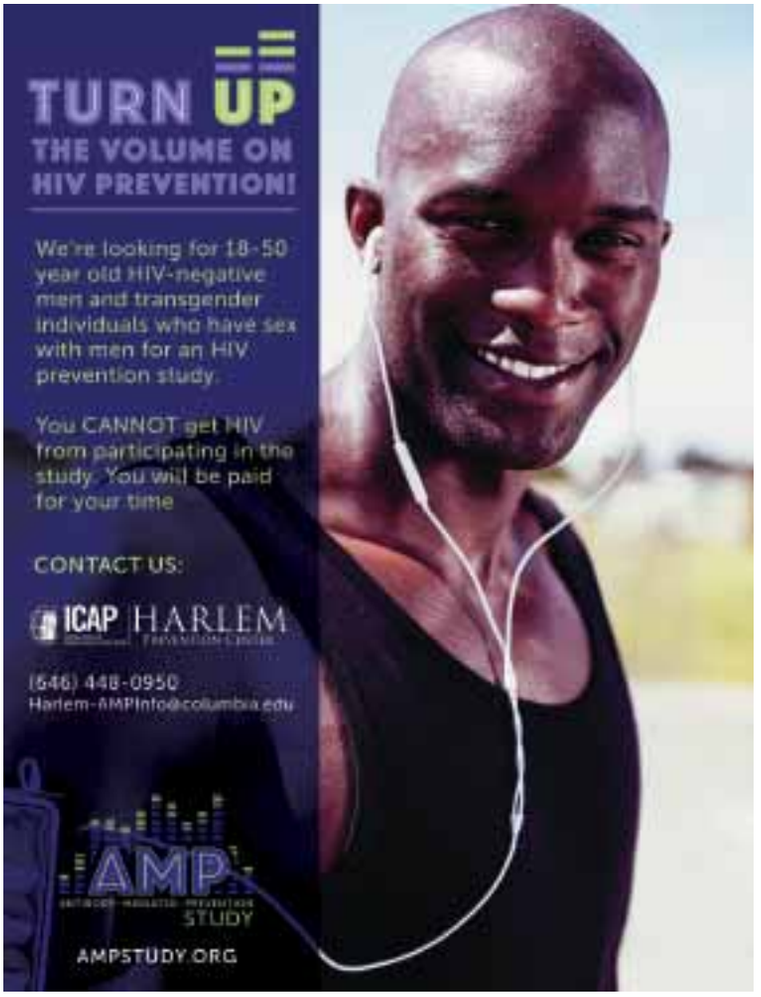
Janet Yellen GETTY IMAGES

wary of this week sending too strong a message of an imminent policy tightening.

Many Fed officials remain spooked by the steep stock market drop earlier this year and by weak first-quarter U.S. economic data. Concrete signs of higher inflation and growth may be needed before the Federal Open Market Committee (FOMC), the Fed's policy committee, continues with the projected gradual path toward more normal levels of interest rates.

Though the U.S. economy is generating jobs and consumer prices have risen, providing support for a Fed interest rate rise, weakness in retail sales and international trade, as well as concern about China's economy, are among reasons Fed Chair Janet Yellen will stay cautious about further rate hikes before the second half of the year.

Markets have already anticipated such an approach, seeing no chance of a rate increase at this week's meeting on April 26-27 of the FOMC, and are pricing in just a one in five chance of a move at the next meeting on June 14-15. REUTERS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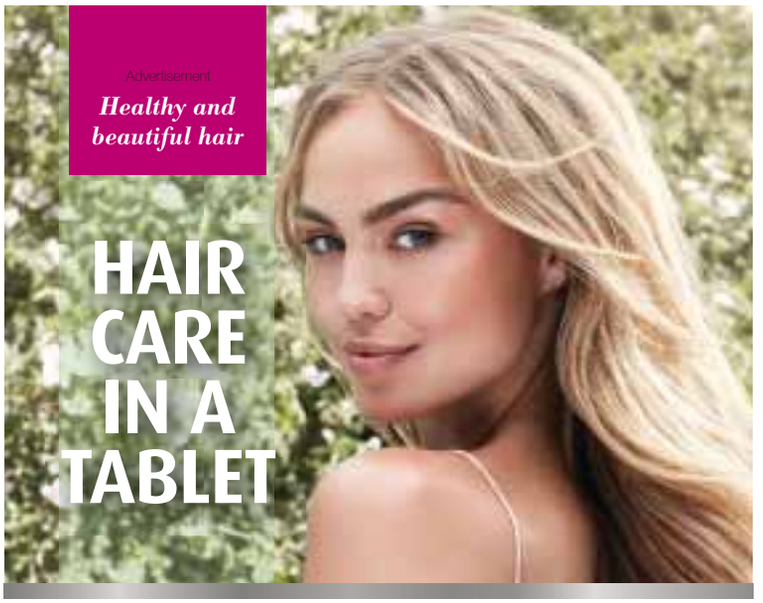

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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieved pain while so many continue to suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the Tri-State area for this knee arthritis pain treatment and why waiting can decrease your chance to live pain free. life again

Downtown NYC Medical Institute is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients.
Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting drastically decreases your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain.
It might even keep you from getting total knee replacement surgery.
Please pay careful attention.
What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance.
In fact, I'm going to have to ask for a bit of patience from you if you have already ***unsuccessfully*** tried any (or many) other knee arthritis pain treatments.
You see, many knee arthritis sufferers had already tried the treatment we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that makes it much different.
And often gets results when many others have failed.
This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?
eliminating the pain.

What Results Can Be Expected?
Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear** - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like?
Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.
That's why the experts at OsteoReleif Institute use advanced digital imaging so they can see the injection going directly into the knee joint during the treatment.
Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.
If you had viscosupplementation without this special digital imaging without good results - this may be why.

"I cannot ask for better results"

Dr. Stanley Weiner, M.D. - Surgeon
I had surgery scheduled last year. Three month before I made an appointment with Downtown NYC Medical Institute. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at Downtown NYC Medical Institute were outstanding. I cannot ask for better results**. After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's... it's like exact science. **Dr. Stanley Weiner**

"I don't have any pain any more"

After I had the treatments... the last tuneup...

"Hey this feels terrific"

I was diagnoses bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. Downtown NYC Medical said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out.** I did both legs at once which is great. When
I got up out of the chair I stood up and I said, ***"Hey this feels terrific."***

"I feel like a new woman - It's amazing."

If you want instant proof - you can just look at all all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did.

Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get
one very common complaint.

And it is: "I wish I started this treatment much sooner." *Let's be very clear about this*. Time is the most precious thing. There is no way to slow it down - or get any back once it is gone.

All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pan and start living the life you want and deserve.

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act RIGHT NOW: When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid." Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even

That's why Downtown NYC Medical Institute even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Downtown NYC Medical Institute use several and great effort is taken to figure out what the best one for YOU is.

What To Do Next If You Are In Pain:
Special Your Invitation

Downtown NYC Medical Institute offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at Downtown NYC Medical Institute.

For a complimentary screening, just call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call| 800-227-KNEE to schedule your screening. Many of the treatments offered at Downtown NYC Medical Institute are covered by many insurance plans and Medicare. Call 800-227-5633 to schedule your screening.

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I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain.

I'm out there playing!

"I feel like a new woman"

I came to the clinic because I was not sleeping at night. My leg was Pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and ***I couldn't do that for years and now I'm able to do it again.***

The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"

Prior the the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

About that Becky with good hair Beyonce mentioned

ALL PHOTOS GETTY IMAGES

Beyonce laid out a lot of truth with her "Lemonade" visual album this weekend, but there's one more lesson to be learned: Don't mess with the Beyhive. While speculation began almost immediately about the identity of the name-checked "Becky with the good hair" in her track "Sorry," one sort-of celebrity seemed eager to provide an answer. Fashion designer Rachel Roy — rumored to be the cause of Jay Z's elevator squabble with Solange Knowles — decided to be all cavalier and offer up an Instagram post after the HBO special aired with the caption, "Good hair don't care, but we will take good lighting, for selfies, or self truths, always. live in the light #nodramaqueens." That? Was not so bright. Obviously, Beyonce's fans took notice, and it says something that by Sunday morning the photo was deleted and Roy's Instagram account had gone private.

Dave Chappelle calls Prince's death 'black 9/11'

The ever-elusive Dave Chappelle understandably took the loss of Prince pretty hard. And this weekend the icon's death nearly made him miss a show in San Francisco. "I almost thought about not coming tonight, but my band was like, 'Yo, Prince would definitely not condone that,'" Chappelle told the crowd, according to SFGate, calling Prince's passing "the black 9/11" — and usually I'd take him to task for a hyperbole violation, but he kind of has a point this time. "It's so much better that we grieve together," Chappelle said. He's got a point.

the word

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YOUTUBE

Bruce Springsteen opens Brooklyn show with 'Purple Rain'

There was no shortage of Prince tributes this weekend — especially with Coachella barreling into its second weekend and all — but few matched up to the passion and prominence of this one: Bruce Springsteen, one of the last of Prince's reigning '80s superstar contemporaries, opening his Saturday night concert at the Barclays Center in Brooklyn with a stirring rendition of "Purple Rain" — on a purple-drenched stage. Sing it, Boss.

@Sethrogen
Watched Victor Frankenstein and Point Break remake today. Oddly thematic. Dead things being brought back to life to disastrous effect.

@Oprah
"No greater battle in life than the battle between the parts of u that want to be healed and the parts of u content remaining broken."

Regis Philbin is Team Kelly

While we wait to see exactly when or if Kelly Ripa will come back to "Live with Kelly and Michael" following the fallout over Michael Strahan's surprise departure announcement, we at least know who's sticking up for the plucky daytime host: former co-host Regis Philbin.

"I know what it is. They should have told her in the beginning," he said in response to the news, though he seems to think the next few months before Strahan leaves for "Good Morning America" will be smooth sailing. "They're going to be alright. It'll be fine."

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That swag

Could you pull off cutoffs and thigh-highs? GETTY IMAGES

Why everyone from rock divas to your mom lusted over Prince.

MONICA WEYMOUTH
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Not many men can wear purple. Even fewer can rock ruffles.

No mortal can pull off a pearl-studded paisley suit with pink feathers — unless, of course, that alleged mortal is Prince.

It's not that Prince was the first pop star to dress outrageously. The '70s set the sartorial bar pretty high with glam rock, Elton and Cher. He had plenty of company in the '80s, when hair was big and eye makeup was bigger.

The thing about Prince was that the clothes were, somehow, an afterthought. Prince was a spectacle, of course, but unlike his peers and his desperate-to-be-peers, he was a thoroughly natural spectacle. No matter how complicated the costume, the first thing you noticed and the thing you remembered was very, very simple: The guy looked *good*.

Call it *je ne sais quoi*, call it swagger, call it whatever you want — Prince had it and had it to spare. At a wispy 5'2," he was the kind of sexy that only comes around once in awhile, the kind of sexy that everyone just accepts on the spot and works into their definition of the word. It's not often that suburban moms lust after a man in a sequin cape, but then again, it's not often that a Prince comes around.

There was something otherworldly about Prince, something that makes it hard to believe he was here in the first place — and even harder to believe that he's gone.

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Chris Hemsworth gets beat up by girls

The "Thor" star enjoys when Jessica Chastain hurts him in "The Huntsman: Winter's War."

MATT PRIGGE
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Chris Hemsworth may be the last of the old-school, alpha-male movie he-men, but he doesn't do old-school movies. Once upon a time he would have been the main draw. Now, in the Marvel movies — in which he's the resident Thor — and the new "The Huntsman: Winter's War," the actor, 32, is surrounded by a diversity of strong characters that aren't just hulking white dudes.

In "The Huntsman: Winter's War," Chris Hemsworth returns as Eric the Hunter, who this time gets a love interest in a fellow fighter played by Jessica Chastain. GILES KEYTE

In the film, a sequel to 2012's "Snow White and the Huntsman," his do-gooder fights alongside mighty women, both good (a love interest played by Jessica Chastain) and evil (Emily Blunt and Charlize Theron's nefarious queen sisters). That's a great thing, Hemsworth thinks.

It's refreshing that you're the lone man amidst strong female characters.

It's not something I realized prior to shooting. It suddenly dawned on me how wonderful these three strong female characters were. I thought how great it is for my daughter to see women not portrayed as damsels in distress, needing to be rescued by the prince. Instead these women control their own destinies, they lead armies, they rule kingdoms. That's really encouraging.

Eric the Huntsman is a little lighter this time. He has flirty-angry banter with Chastain, who's as strong as he is.

I didn't want him to be brooding and depressed — that sort of hulking what-you-call-it. There was certainly a different attitude to him. He was a hopeless romantic and completely in awe of these women. They were equals. It was nice to spar with someone who was the same as me. Jessica, her character kicks my character's a— [laughs] quite a few times in the film. Which he may or may not deserve.

GETTY IMAGES

Stretching out

You did "Ghostbusters" recently. Are there other types of roles you wish you were offered more?

"Rush" was a pretty special experience for me — things you can draw comparisons to from your own experiences. I've been in so many fantasy-heavy costumes, which I do love. I'd love something contemporary — jeans and a T-shirt, just to mix things up.

When you're watching effects-heavy films, do you sometimes think, "I don't remember doing that"?

That's part of the fun for me. You don't see all the creatures and the goblins you're fighting. There's usually a tennis ball on a stick. I get a real kick out of seeing what things were beating me up.

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HOW TO GET AHEAD

Here's how to make the most of the summer before your senior year.

JENNIFER SAWYER
@MetroNewYork
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For rising high school seniors, summer break can look less like a day at the beach, and more like college-prep crunch time. While everyone wants to make themselves as desirable as possible for their dream school, keep these guidelines in mind when considering how to spend your last (gasp!) summer break as a high school student.

Pursue what legitimately interests you

"The key behind summer is to do something interesting and valuable for yourself," explains Jay Bacrania, CEO and co-owner of college-prep company Signet Education. "Colleges are looking at what you do when you don't have to do anything."

Demonstrate who you really are and how you engage with the world, starting with what actually interests you. If you like working with kids, consider mentoring or tutoring. Music lover? Spend time learning about the art of songwriting.

Committing to your own personal growth is the best thing you can do for your future, regardless of whether you get into your first choice school. "If you focus on an interest, you've still done something valuable with your time," Bacrania says.

Consider the practical

You might want to spend your summer volunteering at a hospital to demonstrate your future medical prowess, but first consider your actual obligations. "Summer can be a time to shore up academic weaknesses, so if a student really bombed a class for one reason or another, they might want to retake it for their for academic future," Bacrania says.

Likewise, if you need a paying job, there's no need to look down upon working in retail. "If a student has to work, that shows a real responsibility. It's just as impressive as volunteering."

Avoid the temptation to "compare and despair"

Comparing your summer plans to everyone else's only leads to second guessing. "It's the paradox of choice," Bacrania says. "The more choices you have, the more stressed out you can get." Instead of obsessing over other people's résumés, shift the focus back to your own skills.

Take time to reflect

A break from the daily grind of schoolwork can create space for thinking deeper about your goals and desires. "Summer is a really wonderful time for reflection and thinking," Bacrania says. Ask yourself, "'What did I do last year? What did I enjoy? How can I become better?'"

Don't schedule your life away

With the amount of pressure on high school students, it's easy to think that your every waking moment should be devoted to college prep. "Overscheduling would be a terrible idea," Bacrania says. "You shouldn't do something without a good, authentic reason." So while it's important to stay engaged during the summer, avoid burnout by taking time to relax and just be a kid — while you still can.

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Beat the sleepaway camp blues

Overnight camp may require your child to leave her comfort zone. ISTOCK

A kid's first chance to have adventures away from Mom and Dad is exciting — until homesickness sets in.

GINA TOMAINE
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Campfire songs, faded friendship bracelets and swimming in the lake — summer camp memories are the stuff of legends. It's no surprise little ones are anxiously awaiting their first time away from home. Despite their excitement, that initial separation from Mom and Dad can be tough on both parents and kids.

Local overnight camp experts gave us their best tips for coping with sleepaway camp blues:

Plan practice time away from home

Spend time away from home before camp, perhaps at a friend or grandparent's house. This is just as valuable for parents as it is for campers; parents are often more nervous about camp than their kids. – *Tracy Power, director of Appel Farm Arts Camp*

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Do your homework together

Research the camp, communicate with camp staff and ask questions and involve the child in the decision-making and preparation process. By getting everyone on board, campers and camp parents should feel confident and happy about their choice. – *Justin Lavner, director of Lavner Camps*

Live by your calendar

Make a calendar and mark the days you'll be at camp. Once kids see that camp won't last forever, it will be easy to make the most of their time there, and it gives anxious parents a countdown to look forward to. – *Tracy Power*

Be positive (even if you're nervous):

If a parent says in front of their child, "I'm not sure they can be away from home that long," or "Don't worry, if you are homesick I will come get you," then the child starts believing camp will be too hard for them. It is vital that parents talk positively about camp with their children, helping them to be excited rather than scared. – *Tracy Power*

Stick it out

Ninety-five percent of children report feeling homesick at camp. It's normal. There is nothing quite like the feeling of overcoming something you did not think you were capable of, and overcoming homesickness at camp does this for children. It builds confidence, coping skills and independence. –*Tracy Power*

Be flexible

We have had very homesick kids go home for a night and come back the next morning. One extreme case saw a child turn into a day camper. They did everything but sleep at camp. They came back the following year and were just fine. They just needed time. – *Claudia Carlson, director of Young People's Theatre Workshop*

Plan activities for you as a parent

Plan to be busy the first night of camp. Go on a date, have dinner with friends, do something to keep your mind active, not driving yourself crazy with worry. – *Travis Simmons, executive director of Camp Dark Waters*

Ban separation guilt

Camp will not always be smooth sailing. There will be times when your child is challenged, or gets their feelings hurt, but as researcher and writer Brené Brown says, "What makes children happy doesn't always prepare them to be courageous, engaged adults." Sending your child to camp is showing them love by allowing them the chance to dare greatly on their own. – *Tracy Power*

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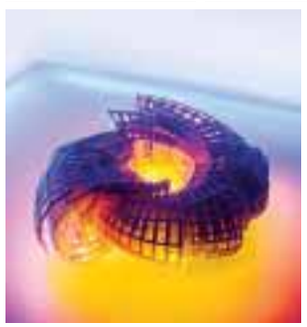

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The most searched for jobs in NYC

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Jobs in film are among the most sought-after in NYC. LEONARDO PATRIZI

New York City: If you can make it here, you can make it anywhere — and even if you can't make it, you can always wait tables or work in PR.

But plenty of people are still trying to make it here, at least in art and finance. Job search engine Indeed.com compared a sample of 1 million searches from job seekers in the five boroughs with job searches across the U.S. and found that demand for jobs in the arts and in finance still remains far higher in NYC than in the rest of the nation.

NYC skewed highest among searches for film, porter (yes, porter, due to the Big Apple's steady stream of tourists) and investment banker. Video editor, fashion designer and stockbroker were also among the top 10 jobs New Yorkers searched for (*search* is the operative word here — that doesn't mean jobs are available).

This may come as no surprise, but what continues to set NYC's market apart from other cities is the eclectic mix of jobs in art and finance, says Tara Sinclair, the chief economist for Indeed.com.

NYC job seekers also skewed higher for many service jobs, such as personal assistant (No. 11).

"There's such a concentration of people in the NYC metro area, there's also a concentration of wealth," says Sinclair.

Given the high cost of living, NYC employers also tend to offer more job perks than those in other cities. In addition to benefits and vacation days, there's a hot new perk in increasingly high demand, says Sinclair.

"What we see in general is that from our job seeker survey is [that people are looking for] pay, location and flexibility. The growing piece of all of this is an interest in flexibility, and that's coming across all demographic groups."

Top job searches in New York City, compared with the rest of the U.S. The list is based on the jobs with the greatest search difference.

1. Film
2. Porter
3. Investment banking analyst
4. Stock associate
5. Production assistant
6. Teacher assistant
7. Video editor
8. Fashion designer
9. Musician
10. Stock broker
11. Personal assistant
12. Security guard
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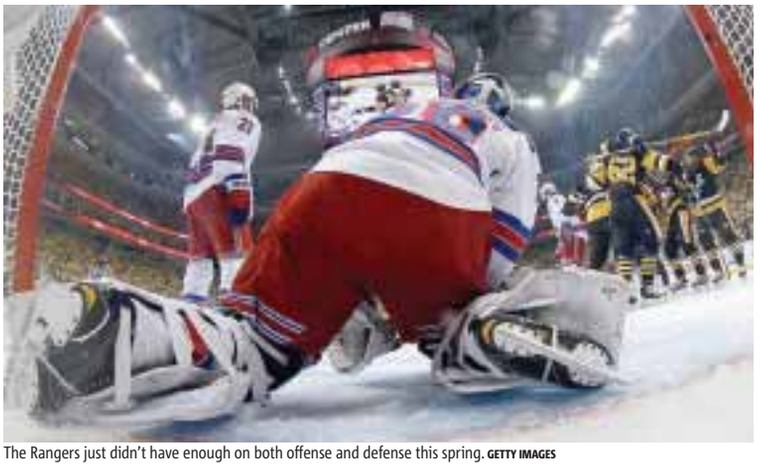


The Rangers just didn't have enough on both offense and defense this spring. GETTY IMAGES

Future is unclear as Rangers turn the page

It seems that the recent Rangers' run of success — sans Stanley Cup — is coming to an end.

DENIS GORMAN
@DenisGorman
sports@metro.us

The era ended the way it began.

Without a Stanley Cup.

The longest stretch of sustained success in New York Rangers franchise history will always have the word "but" attached to it, following the 2015-16 season ending 6-3 loss to the Pittsburgh Penguins Saturday afternoon at Consol Energy Center in Game 5 of the Metropolitan Division semifinals.

The Rangers lost the series, 4-1, and were non-competitive in the final three games.

"The results were what they were," Ryan McDonagh told reporters in Pittsburgh after the game. "They played better. They executed better in pretty much all [facets] of the game. Simply put, we didn't play well enough. They were a lot better throughout the series. We didn't play up to our potential. I don't think anyone should be happy with how they performed."

Whether one prefers the eye test or statistical evaluation, it was clear over the course of 300 minutes spanning five Stanley Cup Playoff games that the Rangers were significantly outclassed by a Pittsburgh team that very well could represent the Eastern Conference in the Stanley Cup Final.

10.5

PERCENTAGE OF TIMES THE RANGERS SCORED ON THE POWER PLAY THIS POSTSEASON. THEIR PENALTY KILL WAS ALSO BAD, ALLOWING GOALS 38.1 PERCENT OF THE TIME.

Need proof? The Rangers were outscored 21-10 in the five games. That breaks down to an average of 4.20-2.00 goals per game.

"Their special teams was the difference," said Dan Girardi, who missed Games 2-4 with an undisclosed injury. Girardi returned to the lineup in Game 5 and contributed an assist on Rick Nash's game-opening goal.

"We're not used to this. It's going to take awhile to get over."

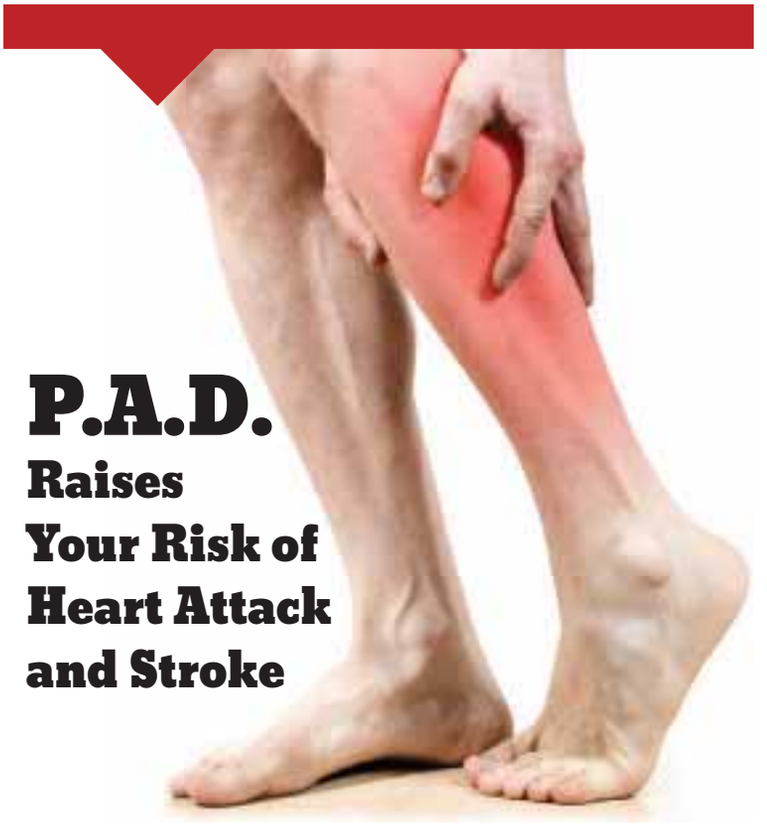
Indeed, this marks the first first-round series loss since the 2011 Eastern Conference Quarterfinals, which the Rangers dropped in five games to the Capitals. Between the 2012 and 2015 playoff campaigns, the Rangers played 76 Stanley Cup Playoff games spanning 12 series. Three times they reached the Eastern Conference Finals. There was one Stanley Cup Final appearance.

But the franchise's fifth Stanley Cup championship never materialized, despite trading away draft picks and prospects in order to win the sport's ultimate trophy. The Rangers only have five picks in June's Draft, none in the first two rounds.

And now, as the 2015-16 Rangers congregate one final time–likely Monday at their training facility in Greenburgh — serious decisions must be made about the core of a group that was exposed by the Penguins as not possessing the speed, depth and youth required to compete for the Stanley Cup.

The Rangers should enter the offseason with potentially $19.85 million in available salary cap space. But that number should shrink as Chris Kreider, Kevin Hayes and J.T. Miller are due RFA deals. Keith Yandle is an unrestricted free agent, and provides an offensive skill set from the back end that none of the other Ranger defensemen can match.

If organizational decision makers determine a rebuild is necessary, Rick Nash, Derick Brassard, Dan Girardi, Marc Staal, amongst others, could be dealt. But it would take some maneuvering as Nash has a no-trade clause and two years left on his contract. He is due to make $8 million next year and $8.2 million in 2017-18. Girardi has $19 million and four years remaining on the extension he signed prior to the 2013-14 NHL Trade Deadline, along with a no-move clause. Staal is owed $27.2 million over the next five seasons and he, too, possesses a no-move clause. Of the four, Brassard might be the easiest to deal as he has a modified no-trade clause.



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FANTASY BASEBALL: EARLY MLB SEASON ADVICE

OPINION

KYLE BISHOP
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The opening weeks of the fantasy baseball season can be treacherous to navigate. On one hand, you don't want to act rashly when dealing with such small samples. On the other, sitting on your hands might mean missing out on some of this season's breakout performers. It's a tricky balance to strike. Here are a few tips to help you do just that.

Consider the source

When contemplating a new addition to your roster, it's important to learn as much as you can about the player. Do they have a firm grip on a starting job? Where do they hit in their team's lineup? Is there an established track record, even just in the minors? There's a significant difference between a young guy with pedigree getting off to a hot start and a career minor-leaguer doing the same. There are no guarantees, of course, but generally the former is a better bet to continue succeeding long-term.

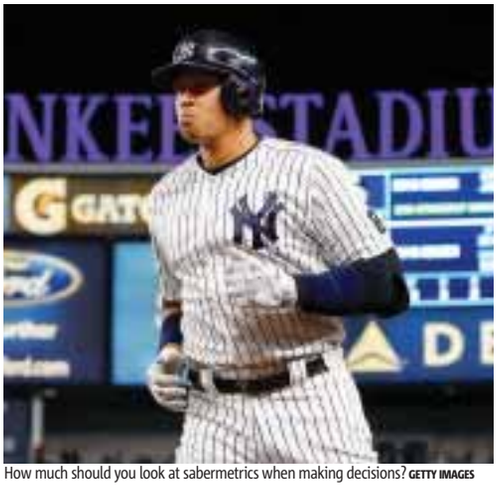
Dig into numbers

As sabermetrics (or advanced stats, or whatever term you prefer) have become more widely known and accepted in the sport, the amount of data available has exploded. It can be daunting to sift through it all. You don't need to be able to calculate the formulas to use the information effectively, though — you just need to be able to put the numbers in context. Some metrics, like strikeout and walk rates, stabilize quickly. Others may take most of the season to become reliable indicators. There are lots of resources that put all of this into plain English and can help you broaden your understanding of how and when to use the numbers without requiring an advanced degree in statistics.

Process matters

Obviously, results are what we're after. It's easy to get discouraged with a player, even an established one, when they're regularly going hitless or giving up runs in bunches. But being able to differentiate between a run of bad luck and legitimate flaws in approach is perhaps the most important skill one can develop as a fantasy owner. If a player isn't producing but is showing improved plate discipline or making higher-quality contact than in previous seasons, there's a good chance the results will come soon enough.

Kyle Bishop is a lead MLB columnist at RotoBaller.com. His articles and Fantasy Baseball Rankings are your secret weapon for winning fantasy leagues.



How much should you look at sabermetrics when making decisions? GETTY IMAGES

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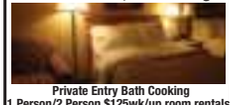

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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT - COUNTY OF QUEENS

JP MORGAN CHASE BANK, NATIONAL ASSOCIATION,
Plaintiff,
Against
Index No.: 943/13

DAVID WELLS, ELIZABETH TEJADA, her respective heirs-at-law, next-of- kin, distributees, executors, administrators, trustees, devisees, legatees, assignees, lienors, creditors and successors in interest and generally all persons having or claiming under, by or through said defendant who may be deceased by purchase, inheritance, lien or otherwise, any right, title or interest in the real property described in the complaint herein, ET AL.,
Defendant(s),

Pursuant to a Judgment of Foreclosure and Sale, duly entered in the Queens County Clerk's Office on 10/26/2015, I, the undersigned Referee, will sell at public auction, at the Queens County Supreme Court located at 88-11 Sutphin Boulevard, Jamaica, New York 11435, in Courtroom #25 on 5/13/2016 at 10:00 am, premises known as 97-42 104th Street, Ozone Park, NY 11416, and described as follows:
ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in Ozone Park, Borough and County of Queens, City and State of New York, and designated on the tax maps of the Queens County Treasurer as Block 9405 and Lot 24.
The approximate amount of the current Judgment lien is $391,211.45 plus interest and costs. The premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale; Index # 943/13.

David L. Cohen, Esq., Referee.
STIENE & ASSOCIATES, P.C. (Attorneys for Plaintiff),
187 East Main Street,
Huntington, NY 11743
Dated: 3/24/2016 File Number: 201001899 MNB

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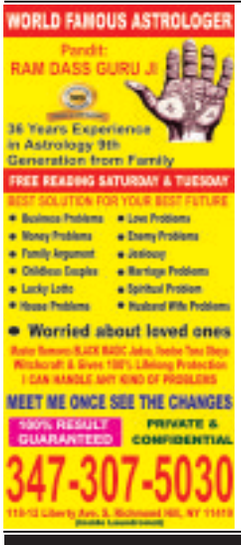

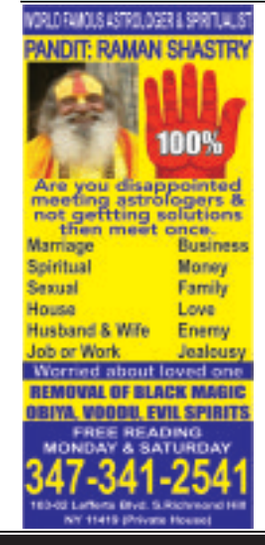

ENTERTAINMENT

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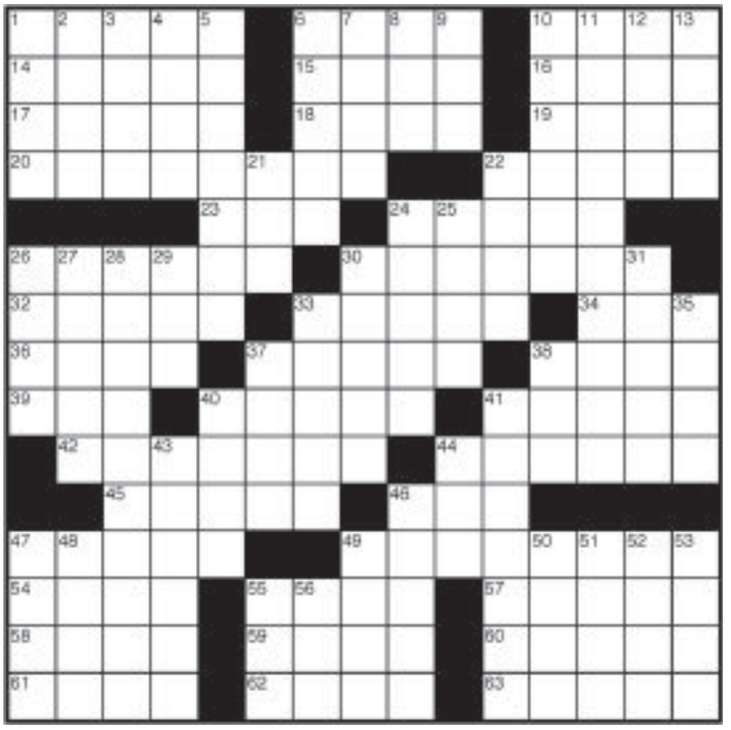

Across

1 Vise
6 Distant
10 "— — a Teenage Werewolf"
14 Four-bagger
15 Magnum venue
16 Hertz leader
17 Sports venue
18 Clancy's Jack —
19 Sheepskin holder
20 Fall apart
22 Gives the eye
23 Dixie, once
24 Pick up a lease
26 Logo
30 Seek old haunts
32 Caesar —
33 Synonym scouter
34 Weep
36 Battery chemical
37 Man from Havana
38 Wave away
39 Cousins of "um"
40 Brand name
41 Dirigible bottoms
42 Found seats
44 Rough-textured
45 Moves gingerly
46 Sunbathe
47 Deputy's need
49 Like a safe driver (2 wds.)
54 Sleep like — —
55 Nonsense!
57 Beyond banal
58 It had three parts
59 Toward shelter
60 Chieftain's plaids
61 Exact area
62 Dog-owner's shout
63 — box

Down

1 African lake
2 Petty or Loughlin
3 Iowa State city
4 Diner handout
5 Frisked about
6 Major artery
7 Dunaway of films
8 Just as I thought!
9 Depart quickly
10 Mirror —
11 "Salud" sayer (hyph.)
12 Flu symptom
13 Spade's namesakes
21 Belief
22 Don't count — —!
24 Kingly
25 Steady
26 Hairy twin
27 Temple city -- Picchu
28 On cloud nine (2 wds.)
29 Stripling
30 In judge's garb
31 Handyman's supply
33 Yokels
35 Noise-canceling brand
37 Give a hoot
38 Wave maker
40 — -majeste
41 Heyerdahl's raft (hyph.)
43 Bargain with
44 Heat meas.
46 Snicker (hyph.)
47 Tea holders
48 Jai —
49 Dutch colonist
50 Writer -- Bagnold
51 Surrealist painter
52 A law — itself
53 Dennis, to Mr. Wilson
55 Oompah- —
56 Fiesta shout

metro.us/sudoku

easy

	7	2						
		8			6	7	5	
	4	3			8	1		2
				5				8
7			8		3			4
8				9				
9		6	4			2	1	
	1	7	9			6		
						8	3	

hard

7			9		2		4	1
						3		9
1			4		8	2		
2		5					6	
3								5
	8					1		2
		4	7		9			8
8		1						
6	2		8		1			3

metro.us/horoscopes

Aries Don't hesitate to bring about change. Wheel and deal until you are in a position to advance. Don't be afraid to do things differently. Rely on yourself, not someone else.

Taurus You are best off speaking out if you want to avoid being poorly represented. Protect your money and possessions against loss or theft. Avoid joint ventures.

Gemini You may be questioned if you are inconsistent about the way you feel or what your expectations are. Don't take on too much or let indulgence tempt you.

Cancer Stick to your plan, regardless of how others react. It's important to show consistency if you want to be first. Partnerships and home improvements are favored.

Leo Personal changes will make you happy and encourage you to socialize more with valuable people. Interaction with children or elders will prove challenging.

Virgo Speak on your own behalf. Someone will misinterpret what you want to portray. Personal disagreements are best dealt with cautiously if you want to avoid regret.

Libra Getting together with people you adore will encourage you to plan a trip or night out on the town. An aggressive approach to love will bring you closer to someone special.

Scorpio Put more thought into cutting costs and using your space at home more efficiently. A partnership will influence an important decision regarding an investment or pending settlement.

Sagittarius Get the facts before you challenge someone in a position to make you look bad. Act on the personal changes you want to make. Romance will improve your life.

Capricorn Don't worry about what others are up to. Focus on home and family, and do your best to bring about a warm environment conducive to family fun and entertainment.

Aquarius Refuse to let anyone stand between you and your dreams. Make personal or physical changes that encourage a career move. Let your emotional energy be the force that drives you.

Pisces Observe the way people react to you before you respond. Personal progress will bring much better results than trying to change others. Offer encouragement, not criticism. **EUGENIA LAST**

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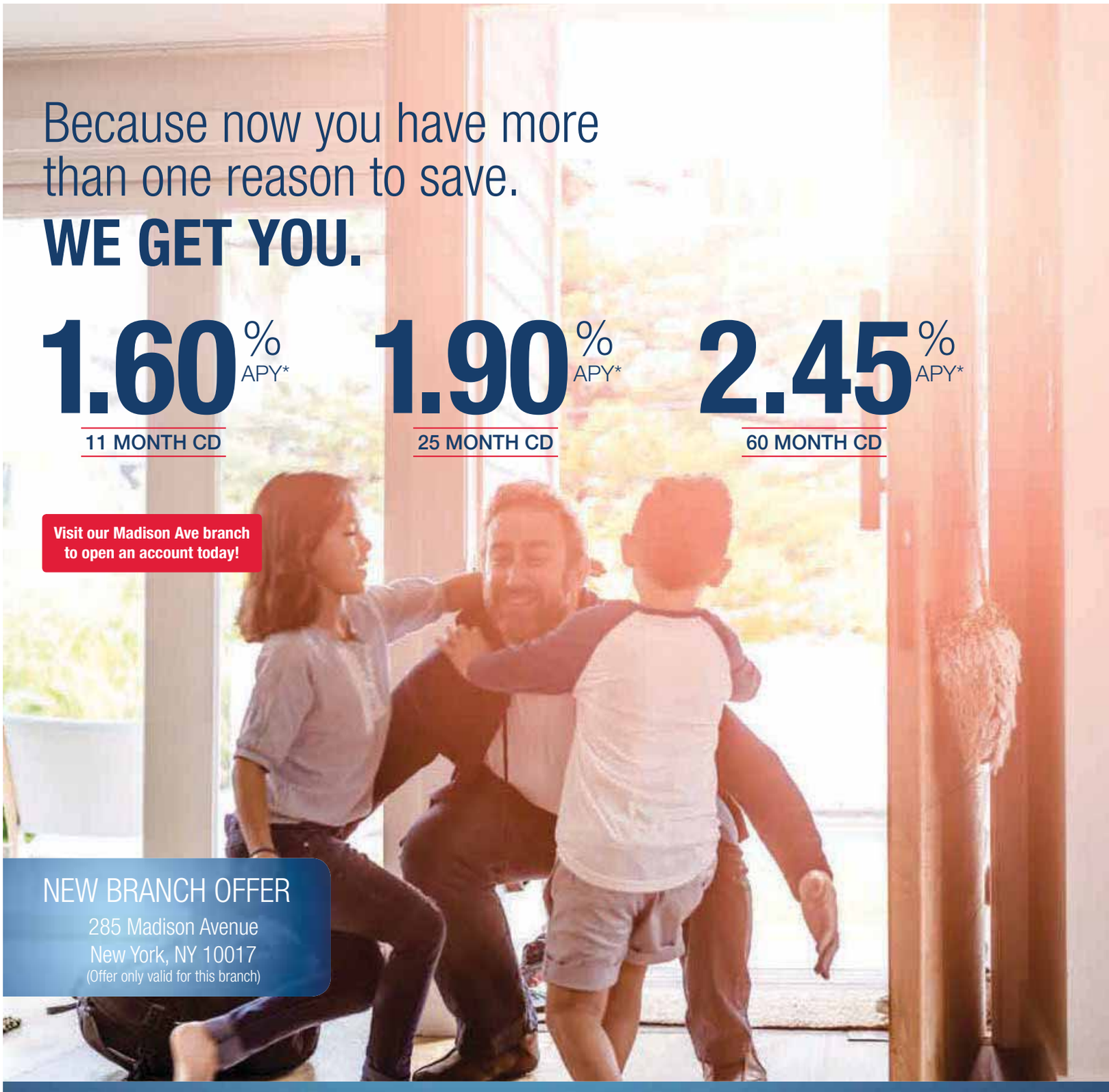

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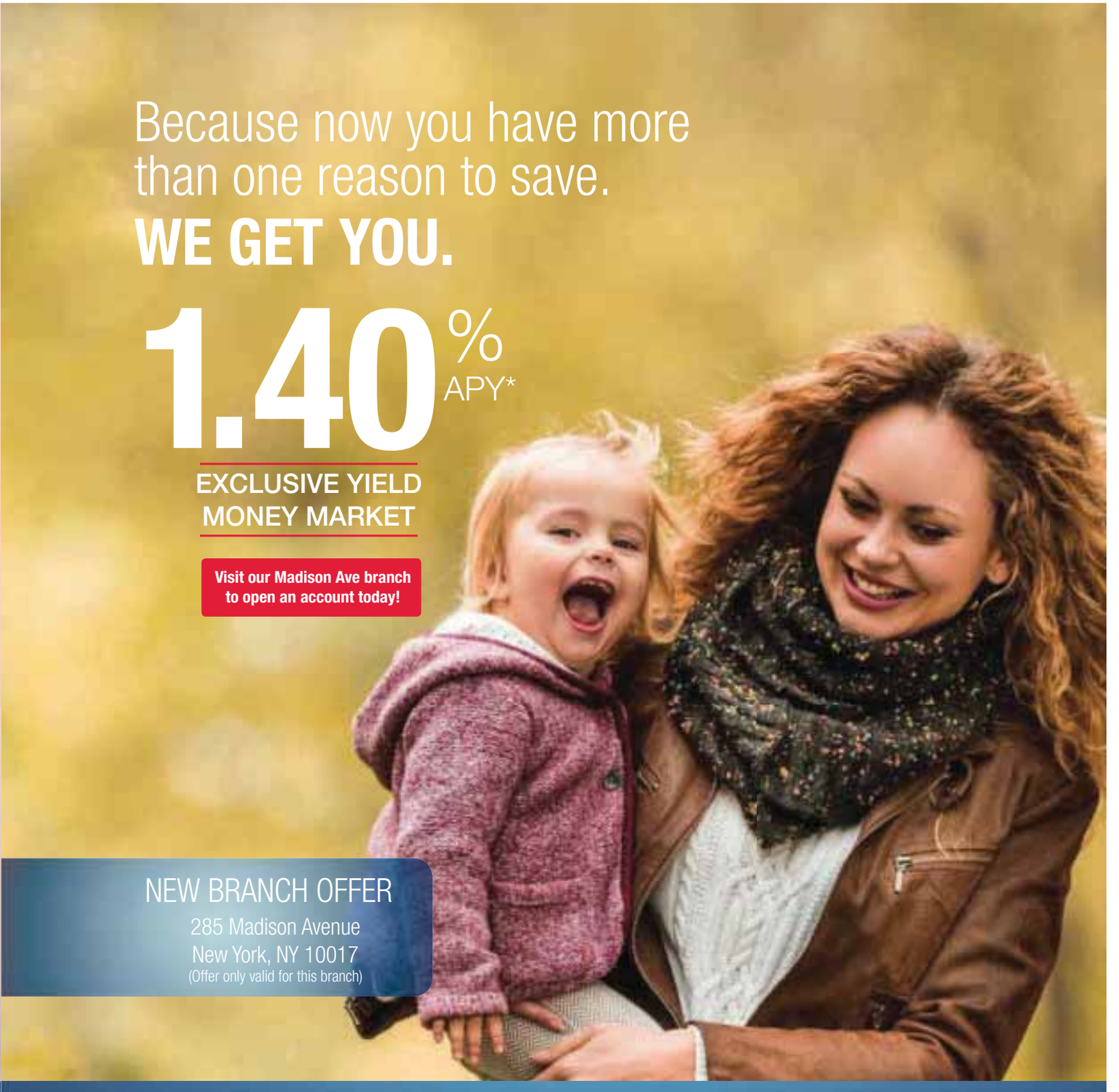

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